

# Chartwells School Dining Services

Aug 15, 2010 thru Aug 31, 2010 Spreadsheet - Portion Values

Jul 15, 2010

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Spartanburg Secondary 2010-11

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Mon - 08/16/2010																
Spartanburg Secondary 2010	Total	1400														
Sweet & Sour Pork SAG	servings	100	264	80	214	0.58	1.17	14.8	1331	166	7.09	26.1	21.08	7.0	2.00	*N/A*
Oriental fried rice	1 cup	100	188	38	106	1.76	2.14	28.0	1161	129	3.62	5.21	36.36	2.17	0.50	*0.00
Broccoli & Carrots BC	1/2 cup	700	66	0	532	2.96	0.54	32.4	8692	963	19.65	1.71	6.91	3.94	1.04	*0.00
Fortune Cookie	1 each	100	11	0	0	0.00	0.00	0.0	0	0	0.31	0.31	2.18	0.0	0.00	*N/A*
Peaches, CND, Lt syrup	1/2 cup	350	68	0	6	1.63	0.45	3.8	444	44	3.01	0.56	18.26	0.04	0.00	*N/A*
MILK, Avg no 2%	cartons	1400	124	7	135	0.00	0.07	290.0	410	88	1.92	7.8	20.0	1.0	0.60	0.00
CHEESE PIZZA TR SAG	1/8 pie	100	361	20	714	4.00	2.06	529.3	361	96	0.79	24.22	41.12	10.75	4.47	*0.00
Pepperoni Pizza 2 (Trad) SAG	1/8 pie	100	419	31	1100	4.17	2.26	530.8	605	134	1.14	23.94	46.76	14.35	6.00	*0.00
Cheese Sticks w/ Sauce Farm R	6 ea	100	615	29	1364	3.44	2.47	451.8	1007	201	6.54	35.9	49.94	31.82	12.01	*N/A*
Tossed salad w/ light dressing	1/2 cup	700	40	2	27	1.23	0.83	25.7	5119	373	16.96	1.06	4.95	2.1	0.16	*0.00
FRUIT,FRESH ASSORTED SAG Tr	1 EACH	350	74	0	1	2.89	0.19	17.5	122	12	22.56	0.85	19.1	0.25	0.06	*N/A*
Cheeseburger on a Bun SAG	1 EACH	100	328	41	743	5.08	3.60	240.8	177	36	0.0	28.17	28.89	12.69	4.75	*0.00
Hamburger on a WW SAG	1 each	100	253	19	619	5.25	3.04	171.9	58	12	0.0	22.14	27.9	7.63	2.26	*0.00
Chicken Filet Sandwich SAG	1 sandwich	100	363	71	840	4.85	1.87	170.4	54	11	0.43	19.06	36.21	17.31	3.40	*0.00
Corn Dog SAG	1 each	100	273	30	749	1.01	2.73	81.0	0	0	0.0	10.13	27.34	14.17	4.05	0.00
Chicken Strip Salad\$Tr BC SAG	1 salad	100	341	71	886	2.77	2.20	50.3	2348	268	13.48	14.29	31.69	17.58	3.91	*0.11
Ham Chef Salad\$ Tr SAG	1 salad	100	216	25	1255	2.08	2.66	154.9	6043	456	16.69	13.27	24.74	6.37	2.42	*0.86
Chicken Caesar Salad	Salad	100	481	31	1130	5.55	3.66	324.0	2796	126	7.5	24.55	42.96	23.63	6.91	*0.11
Baked Doritos, Nacho 226380	1 each	100	91	0	162	1.01	0.73	40.5	0	0	0.0	2.03	16.2	3.04	0.00	*N/A*
ROSY APPLESAUCE TR SAG	1/2 c	350	117	0	64	1.47	0.44	5.1	13	1	2.08	0.72	30.18	0.22	0.04	*N/A*
Tater Tots (Trad.)	1 cup	700	272	0	688	3.58	0.92	20.1	7	3	9.03	2.94	39.78	12.36	2.61	*N/A*
Vegetarian Beans	1/2 cup	700	120	0	460	6.38	1.81	56.1	170	34	3.44	6.38	25.63	0.77	0.20	*N/A*
FRUIT JUICE ASST SAG	4 fl.oz.	350	63	0	12	0.00	0.00	0.0	0	0	14.28	0.67	14.64	0.0	0.00	*N/A*
Sandwich Central Sand onlySAG	1 Each	100	572	49	1458	6.13	3.88	208.5	909	137	16.91	29.15	51.97	27.28	5.99	*0.00
KETCHUP: individual	1 pkt 9g	950	10	0	100	0.00	0.00	0.0	0	0	0.0	0.0	2.0	0.0	0.00	0.00
Burger Condiments	1 each	400	46	0	199	0.06	0.13	4.8	21	4	0.0	0.26	2.31	4.24	0.01	*N/A*
Salad Dressing side	pkts	300	58	*2	125	0.00	*0.02	*1.0	*38	*9	*0.12	0.02	2.35	5.46	0.90	*N/A*
Casa Amigo Line SAG	1 Serving	100	1105	127	2153	15.73	12.62	897.5	1894	328	34.7	61.43	141.96	33.23	11.37	*0.72
DAILY BUNDLE Meals	1	100	1035	83	2166	9.60	5.53	527.9	1022	214	18.57	40.36	138.69	35.52	9.32	*0.00
Weighted Daily Average			980	*62	2279	13.81	*6.19	*681.2	*8975	*957	*46.07	41.78	136.41	31.99	8.49	*0.13
% of Calories												17.1%	55.7%	29.4%	7.8%	*0.1%
Nutrient Guideline			825				4.50	400.00	1500		18.00	16.00		<=30.0	<10.00	
% of Guideline Satisfied			119%				138%	170%	598%		256%	261%				

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

<sup>1</sup> - denotes optional nutrient values

**NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.**

# Chartwells School Dining Services

Aug 15, 2010 thru Aug 31, 2010 Spreadsheet - Portion Values

Jul 15, 2010

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Spartanburg Secondary 2010-11

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Tue - 08/17/2010																
Spartanburg Secondary 2010	Total	1400														
Chicken Minis SAG	2 ea	100	372	67	624	0.00	3.41	98.1	124	25	0.0	18.16	39.41	16.16	6.88	0.00
Mashed Potatoes	1/2 cup	466	89	0	342	1.23	0.24	30.1	208	46	2.22	2.0	11.6	4.2	1.00	*0.00
Green Peas frz SAG TR	1/2 cup	466	128	0	400	4.00	1.46	21.1	2230	124	17.15	4.96	14.69	5.7	1.52	*0.00
Tossed salad w/ light dressing	1/2 cup	466	40	2	27	1.23	0.83	25.7	5119	373	16.96	1.06	4.95	2.1	0.16	*0.00
GELATIN,PREPARED W/FRUIT	1/2 cup	350	75	0	56	0.65	0.22	6.2	704	141	10.67	1.13	18.49	0.08	0.01	*N/A*
MILK, Avg no 2%	cartons	1400	124	7	135	0.00	0.07	290.0	410	88	1.92	7.8	20.0	1.0	0.60	0.00
CHEESE PIZZA TR SAG	1/8 pie	100	361	20	714	4.00	2.06	529.3	361	96	0.79	24.22	41.12	10.75	4.47	*0.00
Pepperoni Pizza 2 (Trad) SAG	1/8 pie	100	419	31	1100	4.17	2.26	530.8	605	134	1.14	23.94	46.76	14.35	6.00	*0.00
Pizza, Meatlovers SAG	slice	100	407	36	775	4.00	2.78	272.3	221	53	1.77	21.2	40.07	17.52	5.90	*0.00
Tossed salad w/ light dressing	1/2 cup	466	40	2	27	1.23	0.83	25.7	5119	373	16.96	1.06	4.95	2.1	0.16	*0.00
FRUIT,FRESH ASSORTED SAG Tr	1 EACH	350	74	0	1	2.89	0.19	17.5	122	12	22.56	0.85	19.1	0.25	0.06	*N/A*
Cheeseburger on a Bun SAG	1 EACH	100	328	41	743	5.08	3.60	240.8	177	36	0.0	28.17	28.89	12.69	4.75	*0.00
Hamburger on a WW SAG	1 each	100	253	19	619	5.25	3.04	171.9	58	12	0.0	22.14	27.9	7.63	2.26	*0.00
Chicken Filet Sandwich SAG	1 sandwich	100	363	71	840	4.85	1.87	170.4	54	11	0.43	19.06	36.21	17.31	3.40	*0.00
BACON CHEESEBURGER SAG	1 EACH	100	358	44	1061	5.25	3.04	246.0	206	42	0.0	30.1	29.38	15.61	5.49	*0.00
Chicken Strip Salad\$Tr BC SAG	1 salad	100	341	71	886	2.77	2.20	50.3	2348	268	13.48	14.29	31.69	17.58	3.91	*0.11
Ham Chef Salad\$ Tr SAG	1 salad	100	216	25	1255	2.08	2.66	154.9	6043	456	16.69	13.27	24.74	6.37	2.42	*0.86
Honey mustard chicken wrap	1 each	100	562	80	884	4.84	5.21	165.6	1749	257	12.39	36.34	70.4	15.46	3.39	*0.00
Potato chips, regular 1oz SAG	bag	100	150	0	180	1.00	0.46	6.0	0	0	6.0	2.0	15.0	10.0	3.00	0.00
ROSY APPLESAUCE TR SAG	1/2 c	350	117	0	64	1.47	0.44	5.1	13	1	2.08	0.72	30.18	0.22	0.04	*N/A*
Tater Tots (Trad.)	1 cup	466	272	0	688	3.58	0.92	20.1	7	3	9.03	2.94	39.78	12.36	2.61	*N/A*
Vegetarian Beans	1/2 cup	466	120	0	460	6.38	1.81	56.1	170	34	3.44	6.38	25.63	0.77	0.20	*N/A*
FRUIT JUICE ASST SAG	4 fl.oz.	350	63	0	12	0.00	0.00	0.0	0	0	14.28	0.67	14.64	0.0	0.00	*N/A*
Sandwich Central Sand onlySAG	1 Each	100	572	49	1458	6.13	3.88	208.5	909	137	16.91	29.15	51.97	27.28	5.99	*0.00
KETCHUP: individual	1 pkt 9g	480	10	0	100	0.00	0.00	0.0	0	0	0.0	0.0	2.0	0.0	0.00	0.00
Burger Condiments	1 each	200	46	0	199	0.06	0.13	4.8	21	4	0.0	0.26	2.31	4.24	0.01	*N/A*
Salad Dressing side	pkts	650	58	*2	125	0.00	*0.02	*1.0	*38	*9	*0.12	0.02	2.35	5.46	0.90	*N/A*
Casa Amigo Line SAG	1 Serving	100	1105	127	2153	15.73	12.62	897.5	1894	328	34.7	61.43	141.96	33.23	11.37	*0.72
DAILY BUNDLE Meals	1 Each	100	1035	83	2166	9.60	5.53	527.9	1022	214	18.57	40.36	138.69	35.52	9.32	*0.00
Weighted Daily Average			961	*64	2040	12.48	*6.24	*662.8	*6045	*596	*45.03	42.23	131.11	31.73	8.53	*0.12
% of Calories												17.6%	54.6%	29.7%	8.0%	*0.1%
Nutrient Guideline			825				4.50	400.00	1500		18.00	16.00		<=30.0	<10.00	
% of Guideline Satisfied			117%				139%	166%	403%		250%	264%				

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

<sup>1</sup> - denotes optional nutrient values

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# Chartwells School Dining Services

Aug 15, 2010 thru Aug 31, 2010 Spreadsheet - Portion Values

Jul 15, 2010

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Spartanburg Secondary 2010-11

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Wed - 08/18/2010																
Spartanburg Secondary 2010	Total	1400														
Sampler Platter	1 portion	100	417	44	784	2.60	0.77	160.0	212	23	0.78	27.17	30.94	17.04	4.91	*0.00
Tater Tots (Trad.)	1 cup	560	272	0	688	3.58	0.92	20.1	7	3	9.03	2.94	39.78	12.36	2.61	*N/A*
Cole Slaw (1/2 cup)	1/2 CUP	560	100	0	455	1.84	0.32	29.0	1566	260	22.98	0.91	10.39	6.21	0.94	*0.00
Barbeque Beans Trad.	1/2 cup	560	149	0	499	5.64	1.72	51.5	162	26	1.42	6.56	34.05	0.56	0.10	*0.00
Bread Sticks, Honey Wheat 1oz	1 Each	100	70	0	120	1.50	0.72	10.0	0	0	0.0	2.5	13.5	1.0	0.00	0.00
Cantaloupe, Fresh Trad	1/2 c	350	67	0	17	0.00	0.43	25.7	6148	1230	79.97	1.43	15.71	0.71	0.00	*N/A*
MILK, Avg no 2%	cartons	1400	124	7	135	0.00	0.07	290.0	410	88	1.92	7.8	20.0	1.0	0.60	0.00
CHEESE PIZZA TR SAG	1/8 pie	100	361	20	714	4.00	2.06	529.3	361	96	0.79	24.22	41.12	10.75	4.47	*0.00
Pepperoni Pizza 2 (Trad) SAG	1/8 pie	100	419	31	1100	4.17	2.26	530.8	605	134	1.14	23.94	46.76	14.35	6.00	*0.00
Combination Pizza	1/8 pie	100	416	36	1044	4.26	2.19	370.6	307	75	4.78	23.46	42.04	16.95	4.59	*0.00
Tossed salad w/ light dressing	1/2 cup	560	40	2	27	1.23	0.83	25.7	5119	373	16.96	1.06	4.95	2.1	0.16	*0.00
FRUIT,FRESH ASSORTED SAG Tr	1 EACH	350	74	0	1	2.89	0.19	17.5	122	12	22.56	0.85	19.1	0.25	0.06	*N/A*
Cheeseburger on a Bun SAG	1 EACH	100	328	41	743	5.08	3.60	240.8	177	36	0.0	28.17	28.89	12.69	4.75	*0.00
Hamburger on a WW SAG	1 each	100	253	19	619	5.25	3.04	171.9	58	12	0.0	22.14	27.9	7.63	2.26	*0.00
Chicken Filet Sandwich SAG	1 sandwich	100	363	71	840	4.85	1.87	170.4	54	11	0.43	19.06	36.21	17.31	3.40	*0.00
BBQ pork riblet on a bun	1 Each	100	313	44	963	5.20	2.81	192.8	139	28	1.35	24.47	32.91	11.01	3.10	*0.00
Chicken Strip Salad\$Tr BC SAG	1 salad	100	341	71	886	2.77	2.20	50.3	2348	268	13.48	14.29	31.69	17.58	3.91	*0.11
Ham Chef Salad\$ Tr SAG	1 salad	100	216	25	1255	2.08	2.66	154.9	6043	456	16.69	13.27	24.74	6.37	2.42	*0.86
ORIENTAL CHICKEN SALAD BC	1 salad	100	422	86	369	2.74	3.19	251.9	5829	544	23.04	35.68	28.6	18.56	5.01	*0.00
Potato chips, regular 1oz SAG	bag	100	150	0	180	1.00	0.46	6.0	0	0	6.0	2.0	15.0	10.0	3.00	0.00
ROSY APPLESAUCE TR SAG	1/2 c	350	117	0	64	1.47	0.44	5.1	13	1	2.08	0.72	30.18	0.22	0.04	*N/A*
Vegetarian Beans	1/2 cup	560	120	0	460	6.38	1.81	56.1	170	34	3.44	6.38	25.63	0.77	0.20	*N/A*
FRUIT JUICE ASST SAG	4 fl.oz.	350	63	0	12	0.00	0.00	0.0	0	0	14.28	0.67	14.64	0.0	0.00	*N/A*
Sandwich Central Sand onlySAG	1 Each	100	572	49	1458	6.13	3.88	208.5	909	137	16.91	29.15	51.97	27.28	5.99	*0.00
KETCHUP: individual	1 pkt 9g	600	10	0	100	0.00	0.00	0.0	0	0	0.0	0.0	2.0	0.0	0.00	0.00
Burger Condiments	1 each	400	46	0	199	0.06	0.13	4.8	21	4	0.0	0.26	2.31	4.24	0.01	*N/A*
Salad Dressing side	pkts	200	58	*2	125	0.00	*0.02	*1.0	*38	*9	*0.12	0.02	2.35	5.46	0.90	*N/A*
Casa Amigo Line SAG	1 Serving	100	1105	127	2153	15.73	12.62	897.5	1894	328	34.7	61.43	141.96	33.23	11.37	*0.72
DAILY BUNDLE Meals	1 Each	100	1035	83	2166	9.60	5.53	527.9	1022	214	18.57	40.36	138.69	35.52	9.32	*0.00
Weighted Daily Average			987	*61	2227	14.07	*6.18	*696.1	*6227	*848	*63.09	43.88	140.03	30.46	7.68	*0.12
% of Calories											17.8%	56.8%	27.8%	7.0%	*0.1%	
Nutrient Guideline			825				4.50	400.00	1500		18.00	16.00		<=30.0	<10.00	
% of Guideline Satisfied			120%				137%	174%	415%		351%	274%				

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

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Jul 15, 2010

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Spartanburg Secondary 2010-11

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 08/19/2010																
Spartanburg Secondary 2010	Total	1400														
Baked Ziti BC Trad. SAG	1 cup	100	264	14	556	2.97	1.54	246.8	876	121	6.62	16.21	32.68	7.56	3.23	*N/A*
Garden Salad, w/o dress (Elem)	1/2 cup	480	11	0	13	0.85	0.43	17.7	3788	273	10.35	0.63	2.24	0.1	0.01	*0.00
Green Beans seasoned 1/2c SAG	1/2 cup	480	30	0	242	1.57	0.73	22.5	341	68	3.49	1.0	4.96	0.97	0.26	*0.00
Bread Sticks, Honey Wheat 1oz	1 Each	100	70	0	120	1.50	0.72	10.0	0	0	0.0	2.5	13.5	1.0	0.00	0.00
PEARS: canned,light syrup	1/2 cup	350	71	0	6	1.99	0.35	6.2	0	0	0.87	0.24	18.89	0.04	0.00	*N/A*
MILK, Avg no 2%	cartons	1400	124	7	135	0.00	0.07	290.0	410	88	1.92	7.8	20.0	1.0	0.60	0.00
CHEESE PIZZA TR SAG	1/8 pie	100	361	20	714	4.00	2.06	529.3	361	96	0.79	24.22	41.12	10.75	4.47	*0.00
Pepperoni Pizza 2 (Trad) SAG	1/8 pie	100	419	31	1100	4.17	2.26	530.8	605	134	1.14	23.94	46.76	14.35	6.00	*0.00
Mexican Pizza (Traditional)	1 ea	100	604	115	1136	4.91	5.28	336.0	789	139	13.15	44.51	45.09	26.17	9.84	*0.00
Tossed salad w/ light dressing	1/2 cup	480	40	2	27	1.23	0.83	25.7	5119	373	16.96	1.06	4.95	2.1	0.16	*0.00
FRUIT,FRESH ASSORTED SAG Tr	1 EACH	350	74	0	1	2.89	0.19	17.5	122	12	22.56	0.85	19.1	0.25	0.06	*N/A*
Cheeseburger on a Bun SAG	1 EACH	100	328	41	743	5.08	3.60	240.8	177	36	0.0	28.17	28.89	12.69	4.75	*0.00
Hamburger on a WW SAG	1 each	100	253	19	619	5.25	3.04	171.9	58	12	0.0	22.14	27.9	7.63	2.26	*0.00
Chicken Filet Sandwich SAG	1 sandwich	100	363	71	840	4.85	1.87	170.4	54	11	0.43	19.06	36.21	17.31	3.40	*0.00
Hot Dog, Turkey Perdue	1 hot dog	100	262	46	848	3.00	1.44	150.0	0	0	0.0	15.1	25.02	11.62	3.54	0.00
Chicken Strip Salad\$Tr BC SAG	1 salad	100	341	71	886	2.77	2.20	50.3	2348	268	13.48	14.29	31.69	17.58	3.91	*0.11
Ham Chef Salad\$ Tr SAG	1 salad	100	216	25	1255	2.08	2.66	154.9	6043	456	16.69	13.27	24.74	6.37	2.42	*0.86
Veggie Lovers Wrap	Wraps	100	548	49	1300	7.61	2.66	493.9	2004	466	12.91	28.03	54.48	24.68	11.81	*N/A*
Potato chips, regular 1oz SAG	bag	100	150	0	180	1.00	0.46	6.0	0	0	6.0	2.0	15.0	10.0	3.00	0.00
ROSY APPLESAUCE TR SAG	1/2 c	350	117	0	64	1.47	0.44	5.1	13	1	2.08	0.72	30.18	0.22	0.04	*N/A*
Tater Tots (Trad.)	1 cup	480	272	0	688	3.58	0.92	20.1	7	3	9.03	2.94	39.78	12.36	2.61	*N/A*
Vegetarian Beans	1/2 cup	480	120	0	460	6.38	1.81	56.1	170	34	3.44	6.38	25.63	0.77	0.20	*N/A*
FRUIT JUICE ASST SAG	4 fl.oz.	350	63	0	12	0.00	0.00	0.0	0	0	14.28	0.67	14.64	0.0	0.00	*N/A*
Sandwich Central Sand onlySAG	1 Each	100	572	49	1458	6.13	3.88	208.5	909	137	16.91	29.15	51.97	27.28	5.99	*0.00
KETCHUP: individual	1 pkt 9g	520	10	0	100	0.00	0.00	0.0	0	0	0.0	0.0	2.0	0.0	0.00	0.00
Burger Condiments	1 each	300	46	0	199	0.06	0.13	4.8	21	4	0.0	0.26	2.31	4.24	0.01	*N/A*
Salad Dressing side	pkts	200	58	*2	125	0.00	*0.02	*1.0	*38	*9	*0.12	0.02	2.35	5.46	0.90	*N/A*
Casa Amigo Line SAG	1 Serving	100	1105	127	2153	15.73	12.62	897.5	1894	328	34.7	61.43	141.96	33.23	11.37	*0.72
DAILY BUNDLE Meals	1 Each	100	1035	83	2166	9.60	5.53	527.9	1022	214	18.57	40.36	138.69	35.52	9.32	*0.00
Weighted Daily Average			881	*62	1892	12.03	*5.66	*684.6	*4909	*524	*36.82	40.05	122.84	27.24	7.96	*0.12
% of Calories												18.2%	55.8%	27.8%	8.1%	*0.1%
Nutrient Guideline			825				4.50	400.00	1500		18.00	16.00		<=30.0	<10.00	
% of Guideline Satisfied			107%				126%	171%	327%		205%	250%				

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

<sup>1</sup> - denotes optional nutrient values

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# Chartwells School Dining Services

Aug 15, 2010 thru Aug 31, 2010 Spreadsheet - Portion Values

Jul 15, 2010

Page 5

Spartanburg Secondary 2010-11

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
<b>Fri - 08/20/2010</b>																
Spartanburg Secondary 2010	Total	1400														
Chili Cheese Potatoes SAG	8 oz	100	478	33	743	4.89	70.22	234.8	1132	181	42.63	20.71	66.23	16.11	6.91	*N/A*
Vegetable Cup w/ dip	1/2 cup	700	134	0	184	3.55	1.53	44.3	6143	694	61.51	4.18	19.63	4.03	0.74	*N/A*
Pinto Beans Dry	1/2 cup	700	175	0	198	7.38	2.42	53.9	36	7	3.0	10.2	29.79	1.67	0.26	*0.00
Cornbread SAG	4" x 3" square	100	139	19	359	1.59	1.34	103.8	47	14	0.1	3.35	22.34	4.19	0.68	*N/A*
Peaches, Fresh SC grown	1 each	350	59	0	0	2.25	0.38	9.0	489	81	9.9	1.37	14.31	0.38	0.03	*N/A*
MILK, Avg no 2%	cartons	1400	124	7	135	0.00	0.07	290.0	410	88	1.92	7.8	20.0	1.0	0.60	0.00
CHEESE PIZZA TR SAG	1/8 pie	100	361	20	714	4.00	2.06	529.3	361	96	0.79	24.22	41.12	10.75	4.47	*0.00
Pepperoni Pizza 2 (Trad) SAG	1/8 pie	100	419	31	1100	4.17	2.26	530.8	605	134	1.14	23.94	46.76	14.35	6.00	*0.00
Cheddar Onion Pizza	1/8 pie	100	410	36	1240	4.54	2.63	400.0	401	80	2.15	24.37	44.33	14.39	5.55	*0.00
Tossed salad w/ light dressing	1/2 cup	700	40	2	27	1.23	0.83	25.7	5119	373	16.96	1.06	4.95	2.1	0.16	*0.00
FRUIT,FRESH ASSORTED SAG Tr	1 EACH	350	74	0	1	2.89	0.19	17.5	122	12	22.56	0.85	19.1	0.25	0.06	*N/A*
Cheeseburger on a Bun SAG	1 EACH	100	328	41	743	5.08	3.60	240.8	177	36	0.0	28.17	28.89	12.69	4.75	*0.00
Hamburger on a WW SAG	1 each	100	253	19	619	5.25	3.04	171.9	58	12	0.0	22.14	27.9	7.63	2.26	*0.00
Chicken Filet Sandwich SAG	1 sandwich	100	363	71	840	4.85	1.87	170.4	54	11	0.43	19.06	36.21	17.31	3.40	*0.00
Chicken Club Sand Tr SAG	1 Each	100	486	40	1119	7.55	3.02	166.1	407	41	3.33	23.18	40.8	26.99	6.07	*0.00
Chicken Strip Salad\$Tr BC SAG	1 salad	100	341	71	886	2.77	2.20	50.3	2348	268	13.48	14.29	31.69	17.58	3.91	*0.11
Ham Chef Salad\$ Tr SAG	1 salad	100	216	25	1255	2.08	2.66	154.9	6043	456	16.69	13.27	24.74	6.37	2.42	*0.86
Buffalo Chicken Salad\$Tr SAG	1 salad	100	369	71	1211	3.18	2.12	63.9	6951	557	23.7	13.46	33.39	20.78	3.91	*0.43
Potato chips, regular 1oz SAG	bag	100	150	0	180	1.00	0.46	6.0	0	0	6.0	2.0	15.0	10.0	3.00	0.00
ROSY APPLESAUCE TR SAG	1/2 c	350	117	0	64	1.47	0.44	5.1	13	1	2.08	0.72	30.18	0.22	0.04	*N/A*
Tater Tots (Trad.)	1 cup	700	272	0	688	3.58	0.92	20.1	7	3	9.03	2.94	39.78	12.36	2.61	*N/A*
Vegetarian Beans	1/2 cup	700	120	0	460	6.38	1.81	56.1	170	34	3.44	6.38	25.63	0.77	0.20	*N/A*
FRUIT JUICE ASST SAG	4 fl.oz.	350	63	0	12	0.00	0.00	0.0	0	0	14.28	0.67	14.64	0.0	0.00	*N/A*
Sandwich Central Sand onlySAG	1 Each	100	572	49	1458	6.13	3.88	208.5	909	137	16.91	29.15	51.97	27.28	5.99	*0.00
Casa Amigo Line SAG	1 Serving	100	1105	127	2153	15.73	12.62	897.5	1894	328	34.7	61.43	141.96	33.23	11.37	*0.72
KETCHUP: individual	1 pkt 9g	480	10	0	100	0.00	0.00	0.0	0	0	0.0	0.0	2.0	0.0	0.00	0.00
Burger Condiments	1 each	400	46	0	199	0.06	0.13	4.8	21	4	0.0	0.26	2.31	4.24	0.01	*N/A*
DAILY BUNDLE Meals	1 Each	100	1035	83	2166	9.60	5.53	527.9	1022	214	18.57	40.36	138.69	35.52	9.32	*0.00
Weighted Daily Average			1091	60	2223	18.62	12.65	717.6	7910	852	74.00	47.09	157.36	32.54	8.33	*0.15
% of Calories												17.3%	57.7%	26.8%	6.9%	*0.1%
Nutrient Guideline			825				4.50	400.00	1500		18.00	16.00		<=30.0	<10.00	
% of Guideline Satisfied			132%				281%	179%	527%		411%	294%				

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

<sup>1</sup> - denotes optional nutrient values

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# Chartwells School Dining Services

Aug 15, 2010 thru Aug 31, 2010 Spreadsheet - Portion Values

Jul 15, 2010

Page 6

Spartanburg Secondary 2010-11

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Mon - 08/23/2010																
Spartanburg Secondary 2010	Total	1400														
Chicken Nuggets SAG	5 each	100	230	25	480	3.00	1.44	80.0	100	20	0.0	12.0	10.0	16.0	3.50	0.00
Sweet Mustard Dressing SAG	ounces	100	101	0	224	0.11	0.15	10.0	0	0	0.0	0.3	10.35	6.42	0.94	*N/A*
Mashed Potatoes	1/2 cup	560	89	0	342	1.23	0.24	30.1	208	46	2.22	2.0	11.6	4.2	1.00	*0.00
Black Eyed Peas SAG 1/2 cu	1/2 cup	560	232	0	387	0.00	2.98	65.1	36	7	1.13	12.75	37.11	4.32	0.62	*0.00
Seasoned corn, frozen	1/2 cup	560	93	0	583	1.74	0.36	3.8	242	27	5.29	2.5	18.12	2.43	0.58	*0.00
ROLLS,WHEAT: WW 2 oz SAG w/ o m	Each 2 oz.	100	174	0	289	3.00	1.50	20.9	20	6	0.0	5.01	30.72	4.01	0.32	*N/A*
PEARS: diced-can,light syrup	1/2 c	350	80	0	7	2.24	0.39	7.0	0	0	0.98	0.27	21.27	0.04	0.00	*N/A*
MILK, Avg no 2%	cartons	1400	124	7	135	0.00	0.07	290.0	410	88	1.92	7.8	20.0	1.0	0.60	0.00
CHEESE PIZZA TR SAG	1/8 pie	100	361	20	714	4.00	2.06	529.3	361	96	0.79	24.22	41.12	10.75	4.47	*0.00
Pepperoni Pizza 2 (Trad) SAG	1/8 pie	100	419	31	1100	4.17	2.26	530.8	605	134	1.14	23.94	46.76	14.35	6.00	*0.00
Cheese Sticks w/ Sauce Farm R	6 ea	100	615	29	1364	3.44	2.47	451.8	1007	201	6.54	35.9	49.94	31.82	12.01	*N/A*
Tossed salad w/ light dressing	1/2 cup	560	40	2	27	1.23	0.83	25.7	5119	373	16.96	1.06	4.95	2.1	0.16	*0.00
FRUIT,FRESH ASSORTED SAG Tr	1 EACH	350	74	0	1	2.89	0.19	17.5	122	12	22.56	0.85	19.1	0.25	0.06	*N/A*
Cheeseburger on a Bun SAG	1 EACH	100	328	41	743	5.08	3.60	240.8	177	36	0.0	28.17	28.89	12.69	4.75	*0.00
Hamburger on a WW SAG	1 each	100	253	19	619	5.25	3.04	171.9	58	12	0.0	22.14	27.9	7.63	2.26	*0.00
Chicken Filet Sandwich SAG	1 sandwich	100	363	71	840	4.85	1.87	170.4	54	11	0.43	19.06	36.21	17.31	3.40	*0.00
Jalapeno Cheeseburger SAG	1 EACH	100	295	24	1285	5.99	3.57	252.5	688	90	2.83	25.36	30.73	9.87	3.52	*0.00
Chicken Strip Salad\$Tr BC SAG	1 salad	100	341	71	886	2.77	2.20	50.3	2348	268	13.48	14.29	31.69	17.58	3.91	*0.11
Ham Chef Salad\$ Tr SAG	1 salad	100	216	25	1255	2.08	2.66	154.9	6043	456	16.69	13.27	24.74	6.37	2.42	*0.86
Chicken Caesar Salad	Salad	100	481	31	1130	5.55	3.66	324.0	2796	126	7.5	24.55	42.96	23.63	6.91	*0.11
Baked Doritos, Nacho 226380	1 each	100	91	0	162	1.01	0.73	40.5	0	0	0.0	2.03	16.2	3.04	0.00	*N/A*
ROSY APPLESAUCE TR SAG	1/2 c	350	117	0	64	1.47	0.44	5.1	13	1	2.08	0.72	30.18	0.22	0.04	*N/A*
Tater Tots (Trad.)	1 cup	560	272	0	688	3.58	0.92	20.1	7	3	9.03	2.94	39.78	12.36	2.61	*N/A*
Vegetarian Beans	1/2 cup	560	120	0	460	6.38	1.81	56.1	170	34	3.44	6.38	25.63	0.77	0.20	*N/A*
FRUIT JUICE ASST SAG	4 fl.oz.	350	63	0	12	0.00	0.00	0.0	0	0	14.28	0.67	14.64	0.0	0.00	*N/A*
Sandwich Central Sand onlySAG	1 Each	100	572	49	1458	6.13	3.88	208.5	909	137	16.91	29.15	51.97	27.28	5.99	*0.00
KETCHUP: individual	1 pkt 9g	950	10	0	100	0.00	0.00	0.0	0	0	0.0	0.0	2.0	0.0	0.00	0.00
Burger Condiments	1 each	200	46	0	199	0.06	0.13	4.8	21	4	0.0	0.26	2.31	4.24	0.01	*N/A*
Salad Dressing side	pkts	200	58	*2	125	0.00	*0.02	*1.0	*38	*9	*0.12	0.02	2.35	5.46	0.90	*N/A*
Casa Amigo Line SAG	1 Serving	100	1105	127	2153	15.73	12.62	897.5	1894	328	34.7	61.43	141.96	33.23	11.37	*0.72
DAILY BUNDLE Meals	1	100	1035	83	2166	9.60	5.53	527.9	1022	214	18.57	40.36	138.69	35.52	9.32	*0.00
Weighted Daily Average			1066	*54	2470	13.17	*7.01	*711.6	*4056	*442	*35.68	46.74	152.54	32.80	8.62	*0.13
% of Calories												17.5%	57.2%	27.7%	7.3%	*0.1%
Nutrient Guideline			825				4.50	400.00	1500		18.00	16.00		<=30.0	<10.00	
% of Guideline Satisfied			129%				156%	178%	270%		198%	292%				

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# Chartwells School Dining Services

Aug 15, 2010 thru Aug 31, 2010 Spreadsheet - Portion Values

Jul 15, 2010

Page 7

Spartanburg Secondary 2010-11

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Tue - 08/24/2010																
Spartanburg Secondary 2010	Total	1400														
Hot Dog on Bun (Trad)	1 dog	100	262	51	787	3.00	2.90	210.7	0	0	9.11	13.07	25.02	12.64	3.04	*0.00
Chili for Hot Dogs	1 1/2 oz	100	94	25	314	0.46	0.88	8.2	291	38	2.69	7.78	5.42	4.83	1.77	*N/A*
Baked Beans NM	3/8 CUP	560	115	0	440	4.47	1.35	40.2	165	23	0.72	5.22	26.2	0.47	0.08	*0.00
Potato Wedges Tr SAG	1/2 cup	560	98	0	40	1.67	0.56	12.5	0	0	8.98	2.15	20.24	1.76	0.44	*N/A*
Cole Slaw (1/2 cup)	1/2 CUP	560	100	0	455	1.84	0.32	29.0	1566	260	22.98	0.91	10.39	6.21	0.94	*0.00
PINEAPPLE Quick CRISP SAG	1/2 cup	350	310	8	289	1.06	1.21	13.2	41	5	7.67	3.77	45.92	12.53	2.76	*N/A*
MILK, Avg no 2%	cartons	1400	124	7	135	0.00	0.07	290.0	410	88	1.92	7.8	20.0	1.0	0.60	0.00
CHEESE PIZZA TR SAG	1/8 pie	100	361	20	714	4.00	2.06	529.3	361	96	0.79	24.22	41.12	10.75	4.47	*0.00
Pepperoni Pizza 2 (Trad) SAG	1/8 pie	100	419	31	1100	4.17	2.26	530.8	605	134	1.14	23.94	46.76	14.35	6.00	*0.00
Pizza, Meatlovers SAG	slice	100	407	36	775	4.00	2.78	272.3	221	53	1.77	21.2	40.07	17.52	5.90	*0.00
Tossed salad w/ light dressing	1/2 cup	560	40	2	27	1.23	0.83	25.7	5119	373	16.96	1.06	4.95	2.1	0.16	*0.00
FRUIT,FRESH ASSORTED SAG Tr	1 EACH	350	74	0	1	2.89	0.19	17.5	122	12	22.56	0.85	19.1	0.25	0.06	*N/A*
Cheeseburger on a Bun SAG	1 EACH	100	328	41	743	5.08	3.60	240.8	177	36	0.0	28.17	28.89	12.69	4.75	*0.00
Hamburger on a WW SAG	1 each	100	253	19	619	5.25	3.04	171.9	58	12	0.0	22.14	27.9	7.63	2.26	*0.00
Chicken Filet Sandwich SAG	1 sandwich	100	363	71	840	4.85	1.87	170.4	54	11	0.43	19.06	36.21	17.31	3.40	*0.00
Turkey Reuben	1 Each	100	399	42	806	5.01	2.06	286.2	258	40	4.26	25.14	37.16	16.69	4.99	*0.00
Chicken Strip Salad\$Tr BC SAG	1 salad	100	341	71	886	2.77	2.20	50.3	2348	268	13.48	14.29	31.69	17.58	3.91	*0.11
Ham Chef Salad\$ Tr SAG	1 salad	100	216	25	1255	2.08	2.66	154.9	6043	456	16.69	13.27	24.74	6.37	2.42	*0.86
Honey mustard chicken wrap	1 each	100	562	80	884	4.84	5.21	165.6	1749	257	12.39	36.34	70.4	15.46	3.39	*0.00
Potato chips, regular 1oz SAG	bag	100	150	0	180	1.00	0.46	6.0	0	0	6.0	2.0	15.0	10.0	3.00	0.00
ROSY APPLESAUCE TR SAG	1/2 c	350	117	0	64	1.47	0.44	5.1	13	1	2.08	0.72	30.18	0.22	0.04	*N/A*
Tater Tots (Trad.)	1 cup	560	272	0	688	3.58	0.92	20.1	7	3	9.03	2.94	39.78	12.36	2.61	*N/A*
Vegetarian Beans	1/2 cup	560	120	0	460	6.38	1.81	56.1	170	34	3.44	6.38	25.63	0.77	0.20	*N/A*
FRUIT JUICE ASST SAG	4 fl.oz.	350	63	0	12	0.00	0.00	0.0	0	0	14.28	0.67	14.64	0.0	0.00	*N/A*
Sandwich Central Sand onlySAG	1 Each	100	572	49	1458	6.13	3.88	208.5	909	137	16.91	29.15	51.97	27.28	5.99	*0.00
KETCHUP: individual	1 pkt 9g	600	10	0	100	0.00	0.00	0.0	0	0	0.0	0.0	2.0	0.0	0.00	0.00
Burger Condiments	1 each	200	46	0	199	0.06	0.13	4.8	21	4	0.0	0.26	2.31	4.24	0.01	*N/A*
Salad Dressing side	pkts	800	58	*2	125	0.00	*0.02	*1.0	*38	*9	*0.12	0.02	2.35	5.46	0.90	*N/A*
Casa Amigo Line SAG	1 Serving	100	1105	127	2153	15.73	12.62	897.5	1894	328	34.7	61.43	141.96	33.23	11.37	*0.72
DAILY BUNDLE Meals	1 Each	100	1035	83	2166	9.60	5.53	527.9	1022	214	18.57	40.36	138.69	35.52	9.32	*0.00
Weighted Daily Average			1098	*66	2333	14.60	*6.74	*690.1	*4431	*524	*48.41	44.07	155.36	36.00	9.03	*0.12
% of Calories												16.1%	56.6%	29.5%	7.4%	*0.1%
Nutrient Guideline			825				4.50	400.00	1500		18.00	16.00		<=30.0	<10.00	
% of Guideline Satisfied			133%				150%	173%	295%		269%	275%				

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

<sup>1</sup> - denotes optional nutrient values

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# Chartwells School Dining Services

Aug 15, 2010 thru Aug 31, 2010 Spreadsheet - Portion Values

Jul 15, 2010

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Spartanburg Secondary 2010-11

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Wed - 08/25/2010																
Spartanburg Secondary 2010	Total	1400														
Turkey Pot Pie Bilx	1 serv.	100	394	45	1349	4.09	1.42	60.9	1883	191	7.0	24.71	43.37	13.3	6.41	*0.00
Baked Sweet Potatoes Trad SAG	1 EACH	560	153	0	108	4.07	0.91	46.0	18644	2648	3.13	2.05	30.82	2.57	0.52	*0.00
Turnip Greens SAG Trad	1/2 cup	560	90	0	620	3.50	3.11	242.6	7408	745	31.87	2.8	5.98	7.16	1.09	*0.00
Baked Apples - 1/2 cu SAG	1/2 cup	350	109	0	14	2.46	0.30	15.8	95	14	0.22	0.32	25.46	1.52	0.36	*0.00
MILK, Avg no 2%	cartons	1400	124	7	135	0.00	0.07	290.0	410	88	1.92	7.8	20.0	1.0	0.60	0.00
CHEESE PIZZA TR SAG	1/8 pie	100	361	20	714	4.00	2.06	529.3	361	96	0.79	24.22	41.12	10.75	4.47	*0.00
Pepperoni Pizza 2 (Trad) SAG	1/8 pie	100	419	31	1100	4.17	2.26	530.8	605	134	1.14	23.94	46.76	14.35	6.00	*0.00
Combination Pizza	1/8 pie	100	416	36	1044	4.26	2.19	370.6	307	75	4.78	23.46	42.04	16.95	4.59	*0.00
Tossed salad w/ light dressing	1/2 cup	560	40	2	27	1.23	0.83	25.7	5119	373	16.96	1.06	4.95	2.1	0.16	*0.00
FRUIT,FRESH ASSORTED SAG Tr	1 EACH	350	74	0	1	2.89	0.19	17.5	122	12	22.56	0.85	19.1	0.25	0.06	*N/A*
Cheeseburger on a Bun SAG	1 EACH	100	328	41	743	5.08	3.60	240.8	177	36	0.0	28.17	28.89	12.69	4.75	*0.00
Hamburger on a WW SAG	1 each	100	253	19	619	5.25	3.04	171.9	58	12	0.0	22.14	27.9	7.63	2.26	*0.00
Chicken Filet Sandwich SAG	1 sandwich	100	363	71	840	4.85	1.87	170.4	54	11	0.43	19.06	36.21	17.31	3.40	*0.00
Hot Ham & Cheese SAG Tr.	1 sandwich	100	357	27	1631	1.22	2.69	223.5	300	60	0.0	20.1	49.14	8.41	3.79	*0.00
Chicken Strip Salad\$Tr BC SAG	1 salad	100	341	71	886	2.77	2.20	50.3	2348	268	13.48	14.29	31.69	17.58	3.91	*0.11
Ham Chef Salad\$ Tr SAG	1 salad	100	216	25	1255	2.08	2.66	154.9	6043	456	16.69	13.27	24.74	6.37	2.42	*0.86
ORIENTAL CHICKEN SALAD BC	1 salad	100	422	86	369	2.74	3.19	251.9	5829	544	23.04	35.68	28.6	18.56	5.01	*0.00
Potato chips, regular 1oz SAG	bag	100	150	0	180	1.00	0.46	6.0	0	0	6.0	2.0	15.0	10.0	3.00	0.00
ROSY APPLESAUCE TR SAG	1/2 c	350	117	0	64	1.47	0.44	5.1	13	1	2.08	0.72	30.18	0.22	0.04	*N/A*
Vegetarian Beans	1/2 cup	560	120	0	460	6.38	1.81	56.1	170	34	3.44	6.38	25.63	0.77	0.20	*N/A*
FRUIT JUICE ASST SAG	4 fl.oz.	350	63	0	12	0.00	0.00	0.0	0	0	14.28	0.67	14.64	0.0	0.00	*N/A*
Sandwich Central Sand onlySAG	1 Each	100	572	49	1458	6.13	3.88	208.5	909	137	16.91	29.15	51.97	27.28	5.99	*0.00
KETCHUP: individual	1 pkt 9g	480	10	0	100	0.00	0.00	0.0	0	0	0.0	0.0	2.0	0.0	0.00	0.00
Burger Condiments	1 each	400	46	0	199	0.06	0.13	4.8	21	4	0.0	0.26	2.31	4.24	0.01	*N/A*
Salad Dressing side	pkts	200	58	*2	125	0.00	*0.02	*1.0	*38	*9	*0.12	0.02	2.35	5.46	0.90	*N/A*
Casa Amigo Line SAG	1 Serving	100	1105	127	2153	15.73	12.62	897.5	1894	328	34.7	61.43	141.96	33.23	11.37	*0.72
DAILY BUNDLE Meals	1 Each	100	1035	83	2166	9.60	5.53	527.9	1022	214	18.57	40.36	138.69	35.52	9.32	*0.00
Weighted Daily Average			882	*60	1932	13.00	*6.55	*763.2	*14572	*1800	*44.13	40.71	124.41	26.38	7.11	*0.12
% of Calories												18.5%	56.5%	26.9%	7.3%	*0.1%
Nutrient Guideline			825				4.50	400.00	1500		18.00	16.00		<=30.0	<10.00	
% of Guideline Satisfied			107%				146%	191%	971%		245%	254%				

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\* - denotes combined nutrient totals with either missing or incomplete nutrient data

<sup>1</sup> - denotes optional nutrient values

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# Chartwells School Dining Services

Aug 15, 2010 thru Aug 31, 2010 Spreadsheet - Portion Values

Jul 15, 2010

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Spartanburg Secondary 2010-11

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 08/26/2010																
Spartanburg Secondary 2010	Total	1400														
Hamburger Steak SAG	1 each	100	139	29	389	1.25	1.76	24.6	70	16	0.0	17.5	1.9	6.94	2.60	*N/A*
Mashed Potatoes	1/2 cup	560	89	0	342	1.23	0.24	30.1	208	46	2.22	2.0	11.6	4.2	1.00	*0.00
Gravy Chicken, Prepared SAG	2 oz	560	25	0	436	0.00	0.01	1.2	0	0	0.0	1.24	3.72	0.62	0.00	*0.00
Vegetable Medley	1/2 cup	560	51	0	290	2.08	0.50	25.5	4383	497	18.56	1.33	5.7	2.92	0.77	*0.00
ROLLS,WHEAT: WW 2 oz SAG w/ o m	Each 2 oz.	100	174	0	289	3.00	1.50	20.9	20	6	0.0	5.01	30.72	4.01	0.32	*N/A*
GELATIN,PREPARED W/FRUIT	1/2 cup	350	75	0	56	0.65	0.22	6.2	704	141	10.67	1.13	18.49	0.08	0.01	*N/A*
MILK, Avg no 2%	cartons	1400	124	7	135	0.00	0.07	290.0	410	88	1.92	7.8	20.0	1.0	0.60	0.00
CHEESE PIZZA TR SAG	1/8 pie	100	361	20	714	4.00	2.06	529.3	361	96	0.79	24.22	41.12	10.75	4.47	*0.00
Pepperoni Pizza 2 (Trad) SAG	1/8 pie	100	419	31	1100	4.17	2.26	530.8	605	134	1.14	23.94	46.76	14.35	6.00	*0.00
Mexican Pizza (Traditional)	1 ea	100	604	115	1136	4.91	5.28	336.0	789	139	13.15	44.51	45.09	26.17	9.84	*0.00
Tossed salad w/ light dressing	1/2 cup	560	40	2	27	1.23	0.83	25.7	5119	373	16.96	1.06	4.95	2.1	0.16	*0.00
FRUIT,FRESH ASSORTED SAG Tr	1 EACH	350	74	0	1	2.89	0.19	17.5	122	12	22.56	0.85	19.1	0.25	0.06	*N/A*
Cheeseburger on a Bun SAG	1 EACH	100	328	41	743	5.08	3.60	240.8	177	36	0.0	28.17	28.89	12.69	4.75	*0.00
Hamburger on a WW SAG	1 each	100	253	19	619	5.25	3.04	171.9	58	12	0.0	22.14	27.9	7.63	2.26	*0.00
Chicken Filet Sandwich SAG	1 sandwich	100	363	71	840	4.85	1.87	170.4	54	11	0.43	19.06	36.21	17.31	3.40	*0.00
Grilled Chicken Wrap	1 Sandwich	100	578	60	1398	7.26	2.25	53.9	231	20	4.8	24.99	55.36	28.23	6.91	*N/A*
Chicken Strip Salad\$Tr BC SAG	1 salad	100	341	71	886	2.77	2.20	50.3	2348	268	13.48	14.29	31.69	17.58	3.91	*0.11
Ham Chef Salad\$ Tr SAG	1 salad	100	216	25	1255	2.08	2.66	154.9	6043	456	16.69	13.27	24.74	6.37	2.42	*0.86
Veggie Lovers Wrap	Wraps	100	548	49	1300	7.61	2.66	493.9	2004	466	12.91	28.03	54.48	24.68	11.81	*N/A*
Potato chips, regular 1oz SAG	bag	100	150	0	180	1.00	0.46	6.0	0	0	6.0	2.0	15.0	10.0	3.00	0.00
ROSY APPLESAUCE TR SAG	1/2 c	350	117	0	64	1.47	0.44	5.1	13	1	2.08	0.72	30.18	0.22	0.04	*N/A*
Tater Tots (Trad.)	1 cup	560	272	0	688	3.58	0.92	20.1	7	3	9.03	2.94	39.78	12.36	2.61	*N/A*
Vegetarian Beans	1/2 cup	560	120	0	460	6.38	1.81	56.1	170	34	3.44	6.38	25.63	0.77	0.20	*N/A*
FRUIT JUICE ASST SAG	4 fl.oz.	350	63	0	12	0.00	0.00	0.0	0	0	14.28	0.67	14.64	0.0	0.00	*N/A*
Sandwich Central Sand onlySAG	1 Each	100	572	49	1458	6.13	3.88	208.5	909	137	16.91	29.15	51.97	27.28	5.99	*0.00
KETCHUP: individual	1 pkt 9g	520	10	0	100	0.00	0.00	0.0	0	0	0.0	0.0	2.0	0.0	0.00	0.00
Burger Condiments	1 each	300	46	0	199	0.06	0.13	4.8	21	4	0.0	0.26	2.31	4.24	0.01	*N/A*
Salad Dressing side	pkts	200	58	*2	125	0.00	*0.02	*1.0	*38	*9	*0.12	0.02	2.35	5.46	0.90	*N/A*
Casa Amigo Line SAG	1 Serving	100	1105	127	2153	15.73	12.62	897.5	1894	328	34.7	61.43	141.96	33.23	11.37	*0.72
DAILY BUNDLE Meals	1 Each	100	1035	83	2166	9.60	5.53	527.9	1022	214	18.57	40.36	138.69	35.52	9.32	*0.00
Weighted Daily Average			981	*65	2351	13.12	*5.87	*677.4	*5769	*677	*44.39	43.11	133.90	32.20	8.96	*0.12
% of Calories												17.6%	54.6%	29.6%	8.2%	*0.1%
Nutrient Guideline			825				4.50	400.00	1500		18.00	16.00		<=30.0	<10.00	
% of Guideline Satisfied			119%				130%	169%	385%		247%	269%				

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

<sup>1</sup> - denotes optional nutrient values

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# Chartwells School Dining Services

Aug 15, 2010 thru Aug 31, 2010 Spreadsheet - Portion Values

Jul 15, 2010

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Spartanburg Secondary 2010-11

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
<b>Fri - 08/27/2010</b>																
Spartanburg Secondary 2010	Total	1200														
Cajun Chicken Tenders SAG\$	3 ounces	100	198	25	611	0.12	0.08	1.9	44	9	0.02	10.72	14.28	11.48	2.05	*0.00
Dirty Rice SAG	1/2 cup	100	176	3	63	1.17	0.68	14.4	164	33	0.2	3.02	25.75	6.67	1.86	*0.00
Cabbage, Green Locally Grown	1/2 cup	560	46	0	89	1.34	0.25	21.5	251	47	19.66	0.69	3.12	3.62	0.99	*0.00
CARROTS: Seasoned	1/2 cup	560	93	0	581	3.06	0.54	38.4	15575	1673	2.13	0.55	13.84	4.19	1.08	*0.00
Biscuit, 2.25 oz.Rich's WG SAG	1 each	100	190	0	670	2.00	0.00	0.0	0	0	0.0	4.0	23.0	9.0	5.00	0.00
Watermelon Wedge	1/2 cup	350	37	0	1	0.49	0.29	8.6	697	45	9.92	0.75	9.25	0.18	0.02	*N/A*
MILK, Avg no 2%	cartons	1400	124	7	135	0.00	0.07	290.0	410	88	1.92	7.8	20.0	1.0	0.60	0.00
CHEESE PIZZA TR SAG	1/8 pie	100	361	20	714	4.00	2.06	529.3	361	96	0.79	24.22	41.12	10.75	4.47	*0.00
Pepperoni Pizza 2 (Trad) SAG	1/8 pie	100	419	31	1100	4.17	2.26	530.8	605	134	1.14	23.94	46.76	14.35	6.00	*0.00
Cheddar Onion Pizza	1/8 pie	100	410	36	1240	4.54	2.63	400.0	401	80	2.15	24.37	44.33	14.39	5.55	*0.00
Tossed salad w/ light dressing	1/2 cup	560	40	2	27	1.23	0.83	25.7	5119	373	16.96	1.06	4.95	2.1	0.16	*0.00
FRUIT,FRESH ASSORTED SAG Tr	1 EACH	350	74	0	1	2.89	0.19	17.5	122	12	22.56	0.85	19.1	0.25	0.06	*N/A*
Cheeseburger on a Bun SAG	1 EACH	100	328	41	743	5.08	3.60	240.8	177	36	0.0	28.17	28.89	12.69	4.75	*0.00
Hamburger on a WW SAG	1 each	100	253	19	619	5.25	3.04	171.9	58	12	0.0	22.14	27.9	7.63	2.26	*0.00
Chicken Filet Sandwich SAG	1 sandwich	100	363	71	840	4.85	1.87	170.4	54	11	0.43	19.06	36.21	17.31	3.40	*0.00
Patty Melt (trad) SAG	SERVING	100	156	24	575	1.76	1.69	100.5	206	43	0.74	17.32	5.25	7.63	3.50	*0.00
Chicken Strip Salad\$Tr BC SAG	1 salad	100	341	71	886	2.77	2.20	50.3	2348	268	13.48	14.29	31.69	17.58	3.91	*0.11
Ham Chef Salad\$ Tr SAG	1 salad	100	216	25	1255	2.08	2.66	154.9	6043	456	16.69	13.27	24.74	6.37	2.42	*0.86
Buffalo Chicken Salad\$Tr SAG	1 salad	100	369	71	1211	3.18	2.12	63.9	6951	557	23.7	13.46	33.39	20.78	3.91	*0.43
Potato chips, regular 1oz SAG	bag	100	150	0	180	1.00	0.46	6.0	0	0	6.0	2.0	15.0	10.0	3.00	0.00
ROSY APPLESAUCE TR SAG	1/2 c	350	117	0	64	1.47	0.44	5.1	13	1	2.08	0.72	30.18	0.22	0.04	*N/A*
Tater Tots (Trad.)	1 cup	560	272	0	688	3.58	0.92	20.1	7	3	9.03	2.94	39.78	12.36	2.61	*N/A*
Vegetarian Beans	1/2 cup	560	120	0	460	6.38	1.81	56.1	170	34	3.44	6.38	25.63	0.77	0.20	*N/A*
FRUIT JUICE ASST SAG	4 fl.oz.	350	63	0	12	0.00	0.00	0.0	0	0	14.28	0.67	14.64	0.0	0.00	*N/A*
Sandwich Central Sand onlySAG	1 Each	100	572	49	1458	6.13	3.88	208.5	909	137	16.91	29.15	51.97	27.28	5.99	*0.00
Casa Amigo Line SAG	1 Serving	100	1105	127	2153	15.73	12.62	897.5	1894	328	34.7	61.43	141.96	33.23	11.37	*0.72
KETCHUP: individual	1 pkt 9g	480	10	0	100	0.00	0.00	0.0	0	0	0.0	0.0	2.0	0.0	0.00	0.00
Burger Condiments	1 each	400	46	0	199	0.06	0.13	4.8	21	4	0.0	0.26	2.31	4.24	0.01	*N/A*
DAILY BUNDLE Meals	1 Each	100	1035	83	2166	9.60	5.53	527.9	1022	214	18.57	40.36	138.69	35.52	9.32	*0.00
Weighted Daily Average			1068	67	2521	14.83	6.38	763.6	12354	1316	51.68	44.72	147.90	35.41	9.65	*0.18
% of Calories												16.7%	55.4%	29.8%	8.1%	*0.1%
Nutrient Guideline			825				4.50	400.00	1500		18.00	16.00		<=30.0	<10.00	
% of Guideline Satisfied			130%				142%	191%	824%		287%	279%				

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

<sup>1</sup> - denotes optional nutrient values

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# Chartwells School Dining Services

Aug 15, 2010 thru Aug 31, 2010 Spreadsheet - Portion Values

Jul 15, 2010

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Spartanburg Secondary 2010-11

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Mon - 08/30/2010																
Spartanburg Secondary 2010	Total	1400														
PASTA SEASONED SAG	1/2 cup	100	64	12	92	0.52	0.63	5.2	9	3	0.0	1.96	11.4	1.18	0.20	*0.01
Meatballs in spaghetti sauce	5 meatballs	100	295	81	714	4.31	1.96	60.3	1222	244	11.14	15.14	17.9	19.84	5.20	*0.00
Tossed salad w/ light dressing	1/2 cup	900	40	2	27	1.23	0.83	25.7	5119	373	16.96	1.06	4.95	2.1	0.16	*0.00
Bread Sticks, Honey Wheat 1oz	1 Each	100	70	0	120	1.50	0.72	10.0	0	0	0.0	2.5	13.5	1.0	0.00	0.00
Corn	3/8 cup	900	72	0	323	1.52	0.30	2.1	225	34	2.22	1.62	13.26	2.21	0.55	*0.00
Fruit Juice, Assorted SAG	4 fl.oz.	350	62	0	11	0.00	0.00	0.0	0	0	18.0	0.5	14.5	0.0	0.00	*N/A*
FRUIT,FRESH ASSORTED SAG Tr	1 EACH	350	74	0	1	2.89	0.19	17.5	122	12	22.56	0.85	19.1	0.25	0.06	*N/A*
MILK, Avg no 2%	cartons	1400	124	7	135	0.00	0.07	290.0	410	88	1.92	7.8	20.0	1.0	0.60	0.00
CHEESE PIZZA TR SAG	1/8 pie	100	361	20	714	4.00	2.06	529.3	361	96	0.79	24.22	41.12	10.75	4.47	*0.00
Pepperoni Pizza 2 (Trad) SAG	1/8 pie	100	419	31	1100	4.17	2.26	530.8	605	134	1.14	23.94	46.76	14.35	6.00	*0.00
Cheese Sticks w/ Sauce Farm R	6 ea	100	615	29	1364	3.44	2.47	451.8	1007	201	6.54	35.9	49.94	31.82	12.01	*N/A*
Tossed salad w/ light dressing	1/2 cup	900	40	2	27	1.23	0.83	25.7	5119	373	16.96	1.06	4.95	2.1	0.16	*0.00
FRUIT,FRESH ASSORTED SAG Tr	1 EACH	350	74	0	1	2.89	0.19	17.5	122	12	22.56	0.85	19.1	0.25	0.06	*N/A*
Cheeseburger on a Bun SAG	1 EACH	100	328	41	743	5.08	3.60	240.8	177	36	0.0	28.17	28.89	12.69	4.75	*0.00
Hamburger on a WW SAG	1 each	100	253	19	619	5.25	3.04	171.9	58	12	0.0	22.14	27.9	7.63	2.26	*0.00
Chicken Filet Sandwich SAG	1 sandwich	100	363	71	840	4.85	1.87	170.4	54	11	0.43	19.06	36.21	17.31	3.40	*0.00
Corn Dog SAG	1 each	100	273	30	749	1.01	2.73	81.0	0	0	0.0	10.13	27.34	14.17	4.05	0.00
Chicken Strip Salad\$Tr BC SAG	1 salad	100	341	71	886	2.77	2.20	50.3	2348	268	13.48	14.29	31.69	17.58	3.91	*0.11
Ham Chef Salad\$ Tr SAG	1 salad	100	216	25	1255	2.08	2.66	154.9	6043	456	16.69	13.27	24.74	6.37	2.42	*0.86
Chicken Caesar Salad	Salad	100	481	31	1130	5.55	3.66	324.0	2796	126	7.5	24.55	42.96	23.63	6.91	*0.11
Potato chips, regular 1oz SAG	bag	100	150	0	180	1.00	0.46	6.0	0	0	6.0	2.0	15.0	10.0	3.00	0.00
ROSY APPLESAUCE TR SAG	1/2 c	350	117	0	64	1.47	0.44	5.1	13	1	2.08	0.72	30.18	0.22	0.04	*N/A*
Potato Wedges Ranch Tr SAG	1 cup	900	261	0	592	3.71	1.09	24.0	4	2	14.13	3.83	44.19	9.36	2.01	*N/A*
Vegetarian Beans	1/2 cup	900	120	0	460	6.38	1.81	56.1	170	34	3.44	6.38	25.63	0.77	0.20	*N/A*
FRUIT JUICE ASST SAG	4 fl.oz.	350	63	0	12	0.00	0.00	0.0	0	0	14.28	0.67	14.64	0.0	0.00	*N/A*
Sandwich Central Sand onlySAG	1 Each	100	572	49	1458	6.13	3.88	208.5	909	137	16.91	29.15	51.97	27.28	5.99	*0.00
KETCHUP: individual	1 pkt 9g	480	10	0	100	0.00	0.00	0.0	0	0	0.0	0.0	2.0	0.0	0.00	0.00
Burger Condiments	1 each	200	46	0	199	0.06	0.13	4.8	21	4	0.0	0.26	2.31	4.24	0.01	*N/A*
Salad Dressing side	pkts	200	58	*2	125	0.00	*0.02	*1.0	*38	*9	*0.12	0.02	2.35	5.46	0.90	*N/A*
Casa Amigo Line SAG	1 Serving	100	1105	127	2153	15.73	12.62	897.5	1894	328	34.7	61.43	141.96	33.23	11.37	*0.72
DAILY BUNDLE Meals	1	100	1035	83	2166	9.60	5.53	527.9	1022	214	18.57	40.36	138.69	35.52	9.32	*0.00
Weighted Daily Average			1078	*61	2320	16.37	*7.16	*702.4	*8642	*782	*65.90	44.00	158.94	33.50	8.84	*0.13
% of Calories												16.3%	59.0%	28.0%	7.4%	*0.1%
Nutrient Guideline			825				4.50	400.00	1500		18.00	16.00		<=30.0	<10.00	
% of Guideline Satisfied			131%				159%	176%	576%		366%	275%				

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<sup>1</sup> - denotes optional nutrient values

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# Chartwells School Dining Services

Aug 15, 2010 thru Aug 31, 2010 Spreadsheet - Portion Values

Jul 15, 2010

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Spartanburg Secondary 2010-11

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Tue - 08/31/2010																
Spartanburg Secondary 2010	Total	1400														
Chicken Caesar Salad BC	Salad	100	380	31	862	4.86	2.43	318.9	2796	126	7.5	22.27	25.12	21.51	6.43	*0.00
Baked Potato Trad. SAG	1 each	560	278	0	30	6.58	3.23	44.9	30	0	28.7	7.48	63.24	0.39	0.12	*N/A*
ROLLS,WHEAT: WW 2 oz SAG w/ o m	Each 2 oz.	100	174	0	289	3.00	1.50	20.9	20	6	0.0	5.01	30.72	4.01	0.32	*N/A*
GELATIN,PREPARED W/FRUIT MILK, Avg no 2%	1/2 cup cartons	350 1400	75 124	0 7	56 135	0.65 0.00	0.22 0.07	6.2 290.0	704 410	141 88	10.67 1.92	1.13 7.8	18.49 20.0	0.08 1.0	0.01 0.60	*N/A* 0.00
CHEESE PIZZA TR SAG	1/8 pie	100	361	20	714	4.00	2.06	529.3	361	96	0.79	24.22	41.12	10.75	4.47	*0.00
Pepperoni Pizza 2 (Trad) SAG	1/8 pie	100	419	31	1100	4.17	2.26	530.8	605	134	1.14	23.94	46.76	14.35	6.00	*0.00
Pizza, Meatlovers SAG	slice	100	407	36	775	4.00	2.78	272.3	221	53	1.77	21.2	40.07	17.52	5.90	*0.00
Tossed salad w/ light dressing	1/2 cup	560	40	2	27	1.23	0.83	25.7	5119	373	16.96	1.06	4.95	2.1	0.16	*0.00
FRUIT,FRESH ASSORTED SAG Tr	1 EACH	350	74	0	1	2.89	0.19	17.5	122	12	22.56	0.85	19.1	0.25	0.06	*N/A*
Cheeseburger on a Bun SAG	1 EACH	100	328	41	743	5.08	3.60	240.8	177	36	0.0	28.17	28.89	12.69	4.75	*0.00
Hamburger on a WW SAG	1 each	100	253	19	619	5.25	3.04	171.9	58	12	0.0	22.14	27.9	7.63	2.26	*0.00
Chicken Filet Sandwich SAG	1 sandwich	100	363	71	840	4.85	1.87	170.4	54	11	0.43	19.06	36.21	17.31	3.40	*0.00
BACON CHEESEBURGER SAG	1 EACH	100	358	44	1061	5.25	3.04	246.0	206	42	0.0	30.1	29.38	15.61	5.49	*0.00
Chicken Strip Salad\$Tr BC SAG	1 salad	100	341	71	886	2.77	2.20	50.3	2348	268	13.48	14.29	31.69	17.58	3.91	*0.11
Ham Chef Salad\$ Tr SAG	1 salad	100	216	25	1255	2.08	2.66	154.9	6043	456	16.69	13.27	24.74	6.37	2.42	*0.86
Honey mustard chicken wrap	1 each	100	562	80	884	4.84	5.21	165.6	1749	257	12.39	36.34	70.4	15.46	3.39	*0.00
Potato chips, regular 1oz SAG	bag	100	150	0	180	1.00	0.46	6.0	0	0	6.0	2.0	15.0	10.0	3.00	0.00
ROSY APPLESAUCE TR SAG	1/2 c	350	117	0	64	1.47	0.44	5.1	13	1	2.08	0.72	30.18	0.22	0.04	*N/A*
Tater Tots (Trad.)	1 cup	560	272	0	688	3.58	0.92	20.1	7	3	9.03	2.94	39.78	12.36	2.61	*N/A*
Vegetarian Beans	1/2 cup	560	120	0	460	6.38	1.81	56.1	170	34	3.44	6.38	25.63	0.77	0.20	*N/A*
FRUIT JUICE ASST SAG	4 fl.oz.	350	63	0	12	0.00	0.00	0.0	0	0	14.28	0.67	14.64	0.0	0.00	*N/A*
Sandwich Central Sand onlySAG	1 Each	100	572	49	1458	6.13	3.88	208.5	909	137	16.91	29.15	51.97	27.28	5.99	*0.00
KETCHUP: individual	1 pkt 9g	600	10	0	100	0.00	0.00	0.0	0	0	0.0	0.0	2.0	0.0	0.00	0.00
Burger Condiments	1 each	200	46	0	199	0.06	0.13	4.8	21	4	0.0	0.26	2.31	4.24	0.01	*N/A*
Salad Dressing side	pkts	800	58	*2	125	0.00	*0.02	*1.0	*38	*9	*0.12	0.02	2.35	5.46	0.90	*N/A*
Casa Amigo Line SAG	1 Serving	100	1105	127	2153	15.73	12.62	897.5	1894	328	34.7	61.43	141.96	33.23	11.37	*0.72
DAILY BUNDLE Meals	1 Each	100	1035	83	2166	9.60	5.53	527.9	1022	214	18.57	40.36	138.69	35.52	9.32	*0.00
Weighted Daily Average			1036	*61	1935	14.27	*6.97	*679.4	*4094	*452	*46.95	43.90	152.32	30.16	7.98	*0.12
% of Calories												16.9%	58.8%	26.2%	6.9%	*0.1%
Nutrient Guideline			825				4.50	400.00	1500		18.00	16.00		<=30.0	<10.00	
% of Guideline Satisfied			126%				155%	170%	273%		261%	274%				

Weighted Average			1009	*62	2210	14.20	*6.97	*702.5	*7332	*814	*50.18	43.52	142.76	31.70	8.43	*0.13
												17.3%	56.6%	28.3%	7.5%	*0.1%

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# Chartwells School Dining Services

**Aug 15, 2010 thru Aug 31, 2010 Spreadsheet - Portion Values**  
Spartanburg Secondary 2010-11

**Jul 15, 2010**

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Nutrient	Menu AVG	Portion Size % of Cals	Plan Qty Target	Cals (kcal) % of Target	Cholst (mg)	Sodm (mg) Miss Data	Fiber (g) Shortfall	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)	Error Messages (if any)
Calories	1009		825	122%														
Cholesterol (mg)	62					Missing												
Sodium (mg)	2210																	
Fiber (g)	14.20																	
Iron (mg)	6.97		4.50	155%		Missing												
Calcium (mg)	702.5		400.00	176%		Missing												
Vitamin A (IU)	7332		1500	489%		Missing												
Vitamin A (RE)	814		300	271%		Missing												
Vitamin C (mg)	50.18		18.00	279%		Missing												
Protein (g)	43.52	17.25%	16.00	272%														
Carbohydrate (g)	142.76	56.59%																
Total Fat (g)	31.70	28.28%	<=30.00%															
Saturated Fat (g)	8.43	7.52%	<10.00%															
Trans Fat (g)	0.13	0.12%				Missing												

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